

Employee Assistance Program

1-800-852-3345, Ext. 4336 or 271-4336

Being Your Best

A MENTAL HEALTH OVERVIEW

Each one of us is unique. Every person sees and relates to the world differently and for this reason, what is mentally healthy includes a wide range of possibilities. Generally speaking, however, people who are able to be successful in their own lives tend to share the following traits.

Self-Esteem

Do you value yourself?

While all of us enjoy being praised on occasion, people with a good sense of self-esteem know their own value and don't always rely on others to tell them they are worthwhile.

Life's Challenges

Are you able to "roll with the punches?" Successful people are able to handle challenges at each stage of life, even though they might be temporarily put off by them.

Flexibility

Are you flexible or do you always have to be right? Successful people are able to make mistakes, accept them as mistakes and not moral failings, and admit them readily.

Realistic Expectations

Do you expect too much of yourself? Of others? While successful people can and do set goals to reach for, they are realistic about what they can accomplish and aren't afraid to say no to themselves or others when it's clear the expectation is too great.



Acknowledge Feelings

Are you aware of your feelings? Do you allow yourself to experience them without judging them as good or bad? We all have feelings that may sometimes seem irrational, but successful people are able to acknowledge them and move on instead of denying their existence.

Accept Responsibility

Can you accept responsibility for what you do or the choices you make? While it's human nature to make excuses once in a while, successful people are able to accept responsibility for themselves and their actions. At the same time, they refrain from denying responsibility or blaming others.

Ask for Help

Can you ask for help? Sometimes it's hard for us to admit that we can't solve a problem ourselves, but successful people ask for and get help if they need it. That's how they struggle and learn to be successful.

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